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GOOD COOKING LEAVES MORE MEAT TO EAT

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Broadcast by Ruth Van Deman, Bureau of Home Economics, and Maurice J. Du Mars, U.S. Department of Agriculture, Radio Service, in the Department of Agriculture's portion of the National Farm and Home Hour, Tuesday, January 26, over stations associated with the Blue Network.

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DU MARS: And here in Washington Ruth Van Deman has more timely information for us on meat.

VAN DEMAN: Information on how not to let the oven heat cheat you out of some of your meat. And all inspired by our friend Mrs. Young Homemaker. She sent me this note the other day: "Please have a program soon on temperature roasting. At a club meeting the other day I was amazed to find a room full of women who were afraid to try it. It made me almost weep to think of all the unnecessary meat shrinkage in these days of meat shortage."

DU MARS: I don't blame her. We haven't any meat to waste through wasteful roasting.

VAN DEMAN: I should say not. I'm reminded of a demonstration I saw in the days of meat plenty.

DU MARS: A wrong-way, right-way demonstration?

VAN DEMAN: Yes. The demonstrator started with two cuts exactly alike--legs from the same lamb. She roasted one in a very hot oven...around 450 to 500 degrees...and carried the roast to that over-done stage, with the meat dry and hard, and fairly shriveling off the bone.

DU MARS: The way you often see it, sad to say.

VAN DEMAN: And worse yet on the cooking losses. The demonstrator weighed the roast just before it went into the oven and just after it came out. And the shrinkage was more than 40 percent.

DU MARS: 40 percent loss. But wasn't some of that weight in the fat at the bottom of the pan?

VAN DEMAN: Yes. But such burned fat wouldn't make good gravy. Now, the other piece of meat was roasted the moderate-temperature way...with the oven about 350 degrees all the time the meat was in the oven. That moderate heat cooked the meat gradually. It was tender, and juicy, and just nicely browned all over. The drippings in the pan were perfect for gravy.

DU MARS: And what did the scales say about shrinkage?

VAN DEMAN: The shrinkage was about 25 percent.

DU MARS: Quite different from the 40 percent shrinkage on the meat roasted in the super-heated oven.

(over)

VAN DEMAN: Yes, moderate-temperature roasting leaves more meat to eat, and more food value in the meat.

And one other principle of modern meat cooking I'd like to mention. With tender roasts it's best to use an open pan with a rack to let the air circulate all around the meat. And use no water in the pan.

DU MARS: Is all that said in your bulletin on "Meat for Thrifty Meals"?

VAN DEMAN: Yes, said in rule....said in recipe....recipes for cooking beef, lamb, pork, and veal. And as one of our Farm and Home friends says: "Every home should have a copy of that bulletin."

DU MARS: Well, Farm and Home friends, maybe that's an invitation to some of you to send for your copy of "Meat for Thrifty Meals". Send a post card to the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C. Ask for "Meat for Thrifty Meals."

Now the Market report.